



Lesson 79: Sadness

Exercise 01

Vocabulary

problem	(N)	a situation that is difficult to deal with	I have a problem with my car, so I will be late for work.
must	(Modal verb)	used to say that something is very likely or probable	She must be really tired of having worked for the same company, with the same routine, for 18 years.
grief	(N)	great sadness, caused especially by someone's death	He went through a long period of grief after the death of his mother.
attention	(N)	the act of watching, listening to or thinking about something carefully	You should pay careful attention to "no parking" signs.
divert	(V)	to change the direction of something	You need to divert to things that will make you productive to forget what happened.
relieve	(ADJ)	to reduce pain or an unpleasant feeling	She is hoping that the aspirin will relieve her headache.



Exercise 02

Dialogue Practice

Read the dialogue aloud with your teacher.

John and his doctor talk about the death of a pet.



Doctor

You seem down. What seems to be the problem, John?



John

I am really sad, Doctor.



Doctor

What is bothering you? There must be some reason you are so sad.



John

Well, my pet died a few days ago.



Doctor

I am so sorry, John. Death of a pet can cause great grief.



John

What should I do? Do I need to take medicine?



Doctor

Medicine isn't necessary. You just need to divert your attention and try to do things that will help relieve your pain.



Check your understanding:

- What is John's problem?
- What did the doctor suggest John do to solve his problem?
- What did the doctor say about the death of a pet?

Exercise 03**Role Play**

Role-play the following situation with your teacher.

Situation:

- You have just lost a pet.
- Tell your friend how you feel.

Exercise 04**Discussion**

- 1) How do you deal with sadness?
- 2) What usually makes you sad?
- 3) Have you tried to help someone who was sad? If so, how?
- 4) What kind of music do you like to listen to when you are sad?

